



## Stundenplan Herbst/Winter 2021 /// September-Dezember 2021

Zeit	Mo	Di	Mi	Do	Fr	Sa
09:00 – 10:00	Pilates Barbara Studer		Pilates Kleingruppe Barbara	Pilates Physio Christine Poëll	09:30 – 10:30 Power Yoga Barbara Studer	
10:15 – 11:15	Pilates Barbara Studer					
12:10 – 13:00			Pilates Sybille Koch		Pilates-Reformer Barbara Studer	
17:45 – 18:45	Pilates Sybille Koch	Yoga Stéphanie Camen	18:00 – 19:30 Vinyasa Yoga Moni Steiger	Pilates Sybille Koch		
19:00 – 20:00	Yoga Silvia Keller	Hatha Yoga Stéphanie Camen	19:45 – 21:00 Yin Yoga Moni Steiger	Pilates Barbara Studer		
20:15 – 21:15				Power Yoga Barbara Studer		